SAMSUNG

USER MANUAL

SM-R375

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www.samsung.com

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Getting Started

Read me first

Please read this manual before using this device to ensure safe and proper use.

- Descriptions are based on the device's default settings.
- Some content may differ from your device depending on the region, model specifications, or device's software.
- Samsung is not liable for performance issues or incompatibilities caused by edited registry settings or modified operating system software. Attempting to customise the operating system may cause the Galaxy Fit© or apps to work improperly.
- Software, sound sources, wallpapers, images, and other media provided with this Galaxy Fit© are licensed for limited use. Extracting and using these materials for commercial or other purposes is an infringement of copyright laws. Users are entirely responsible for illegal use of media.
- Default apps that come with the Galaxy Fit© are subject to updates and may no longer be supported without prior notice. If you have questions about an app provided with the Galaxy Fit©, contact a Samsung Service Centre. For user-installed apps, contact service providers.
- Modifying the Galaxy Fit©'s operating system or installing softwares from unofficial sources may result in Galaxy Fit© malfunctions and data corruption or loss. These actions are violations of your Samsung licence agreement and will void your warranty.
- Some functions may not work as described in this manual depending on the maker and model of the mobile device you connect to the Galaxy Fit©.
- This product includes certain free/open source software. To see the instructions for viewing the open source licence, go to the Samsung website (opensource.samsung.com).
- Some functions may not be available depending on the region or service provider.

- Depending on the region or service provider, a screen protector is attached for protection during production and distribution. Damage to the attached screen protector is not covered by the warranty.
- Due to the nature of the product, displaying fixed graphics for extended periods may result in afterimages (screen burn-in) or ghosting.
  - It is recommended not to use fixed graphics on part or all of the screen for extended periods and turn off the screen when not using the device.
- Depending on the region or model, some devices are required to receive approval from the Federal Communications Commission (FCC). If your device is approved by the FCC, you can view the FCC ID on the connected mobile device. To view the FCC ID, launch the **Galaxy Wearable** app on your mobile device, and tap **Home** → **About band** → **Device information** and then check the FCC ID under **FCC certification**.

Maintaining water and dust resistance

Your device supports water- and dust-resistance. Follow these tips carefully to maintain the water- and dust-resistance of your device. Failure to do so may result in damage to your device.

- Do not expose the device to **water moving with force**.
- Do not use your device when you dive into the water, snorkel or try any water sports in fast-flowing water.
- If the device or your hands are wet, dry them thoroughly before handling the device.
- If the device is exposed to fresh water, dry it thoroughly with a clean, soft cloth. If the device is exposed to other liquids, such as salt water, swimming pool water, soapy water, oil, perfume, sunscreen, hand cleaner, or chemical products such as cosmetics, rinse it with fresh water and dry it thoroughly with a clean, soft cloth. If you do not follow these instructions, the device's performance and appearance may be affected.

- **If the device is dropped or receives an impact**, the water- and dust-resistant features of the device may be damaged.
- Do not disassemble your device. The water- and dust-resistant features of the device can be damaged.
- Do not expose your device to a dramatic change in air temperature or water temperature.
- Do not dry your device with a heating machine like a hair drier.
- The water-resistant feature of the device can be damaged in the sauna.
- Some features such as the screen may not work properly **if the device is used in water**.
- **Your device has been tested in a controlled environment and certified to be water- and dust-resistant in specific situations and conditions. (Meets the requirements of the water-resistance in a 50 m deep water as described by the international standard ISO 22810:2010 and your device can be used in shallow water. Meets the requirements of the dust-resistance as described by classification IEC 60529 IP6X.)**

Precautions for overheating

If you feel discomfort due to overheating while using the device, stop using it immediately and remove it from your wrist.

To avoid problems, such as device malfunction, skin discomfort or damage, and battery draining, a warning will appear on the device if it reaches a specific temperature. When the initial warning appears, all device functions will be disabled until the device cools down to a specific temperature.

If the device temperature continues to increase, a second warning will appear. At this time, the device will shut down. Do not use the device until it cools down to a specific temperature.

Instructional icons

Warning: situations that could cause injury to yourself or others

Caution: situations that could cause damage to your device or other equipment

Notice: notes, usage tips, or additional information

Cleaning and managing the Galaxy Fit©

Follow the points below to ensure your Galaxy Fit© functions correctly and maintains its appearance. Failure to do so may damage the Galaxy Fit© and cause the skin irritation.

- Prevent the device from being exposed to dust, sweat, ink, oil, and chemical products such as cosmetics, antibacterial spray, hand cleaner, detergent, and insecticides. The Galaxy Fit©'s exterior and interior parts may be damaged or it could result in poor performance. If your Galaxy Fit© is exposed to any of the previously mentioned substances, use a lint-free, soft cloth to clean it.
- Do not use soap, cleaning agents, abrasive materials and compressed air when cleaning your Galaxy Fit© and do not clean it with the ultrasonic waves or the external heat sources. Doing so may damage the Galaxy Fit©. Skin irritation may be caused by soap, detergents hand sanitizers, or cleaning agents left on the Galaxy Fit©.
- Clean your wrist and band after exercising or sweating. Clean the Galaxy Fit© with freshwater, wipe it with a little rubbing alcohol and dry your Galaxy Fit© thoroughly.
- When you remove sun block, lotion, or oil, use a soap-free detergent, then rinse and dry your Galaxy Fit© thoroughly.
- If the Galaxy Fit©'s band gets stained or contains any materials, wipe it with a moistened soft bristle toothbrush.

Use caution if you are allergic to any materials on the Galaxy Fit©

- Samsung has tested the noxious materials found on the Galaxy Fit© through the internal and external certificate authorities, including the test for all materials which contact with skin, skin toxicity test, and the Galaxy Fit©-wearing test.
- The Galaxy Fit© includes nickel. Take the necessary precautions if your skin is hypersensitive or you have an allergy to any materials found on the Galaxy Fit©.
  - **Nickel**: The Galaxy Fit© contains a small amount of nickel, which is below its reference point limited by the Europe REACH regulation. You will not be exposed to the nickel inside the Galaxy Fit© and the Galaxy Fit© has passed the international certificated test. However, if you are sensitive to nickel, be careful to use the Galaxy Fit©.
- Only the materials observed the standards of the U.S Consumer Product Safety Commission (CPSC), the regulations of the European countries, and other international standards are used to make a Galaxy Fit©.
- For more information about how Samsung manages chemicals, refer to the Samsung website (https://www.samsung.com/uk/aboutsamsung/sustainability/environment/).

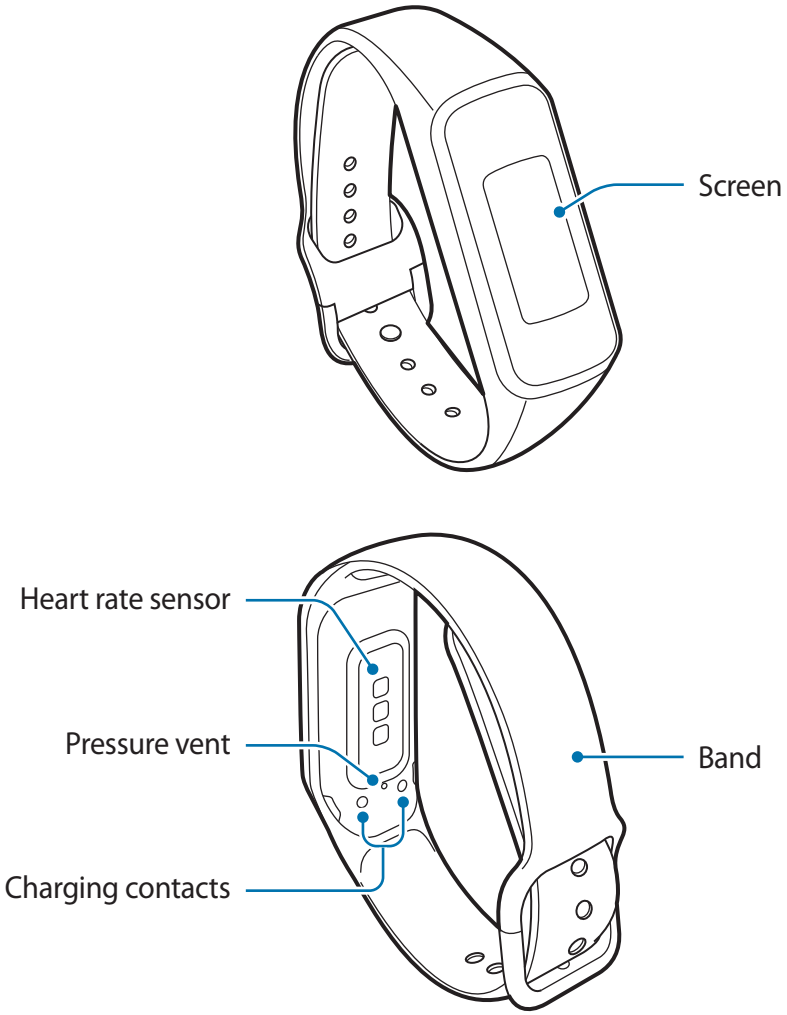
Device layout

Package contents

Refer to the quick start guide for package contents.

- The items supplied with the Galaxy Fit®, their images, and any available accessories may vary depending on the region or service provider.
- The supplied items are designed only for this Galaxy Fit® and may not be compatible with other devices.
- Appearances and specifications are subject to change without prior notice.
- You can purchase additional accessories from your local Samsung retailer. Make sure they are compatible with the Galaxy Fit® before purchase.
- Except the Galaxy Fit® and some accessories may not have the same water- and dust-resistance certification.
- Use only Samsung-approved accessories. Using unapproved accessories may cause the performance problems and malfunctions that are not covered by the warranty.
- Availability of all accessories is subject to change depending entirely on manufacturing companies. For more information about available accessories, refer to the Samsung website.

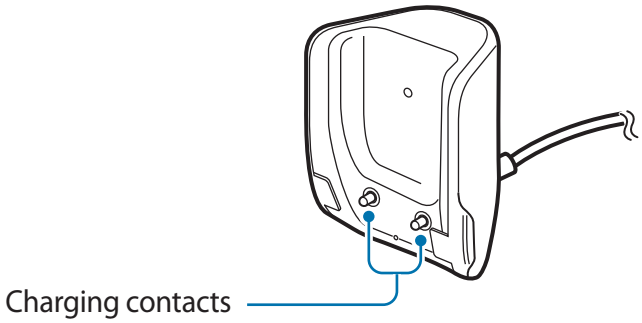
Galaxy Fit⓮



- Ensure that the band is kept clean. Contact with contaminants, such as dust and dye, can cause stains on the band that may not be fully removed.
- Do not insert sharp objects into the pressure vent. Inner components of the Galaxy Fit⓮ may be damaged along with the water-resistance feature.
- If you use the device with its glass or acrylic body broken, there may be a risk of injury. Use the device only after it has been repaired at a Samsung Service Centre.

The pressure vent ensures that Galaxy Fit⓮'s inner parts and sensors work correctly when you use the Galaxy Fit⓮ in environment where the atmospheric pressure changes.

Charger



Do not expose the charger to water because the charger does not have same water-resistance certification as your Galaxy Fit℮.

Battery

Charging the battery

Charge the battery before using it for the first time or when it has been unused for extended periods.

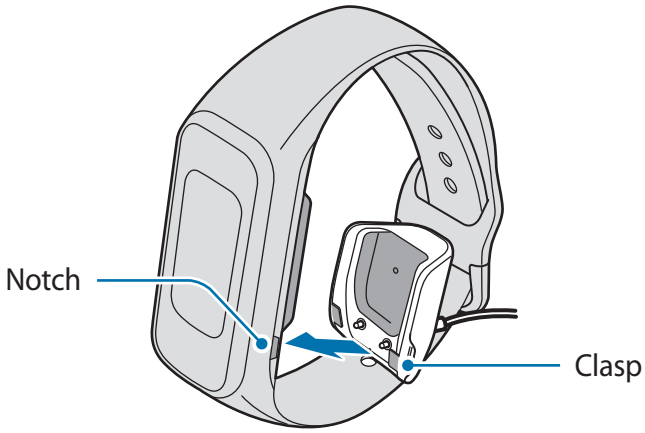
Use only Samsung-approved chargers, batteries, and cables. Unapproved chargers or cables can cause the battery to explode or damage the Galaxy Fit℮.

- Use the supplied charger. The Galaxy Fit℮ cannot be charged properly with a third-party charger.
- Connecting the charger improperly may cause serious damage to the device. Any damage caused by misuse is not covered by the warranty.

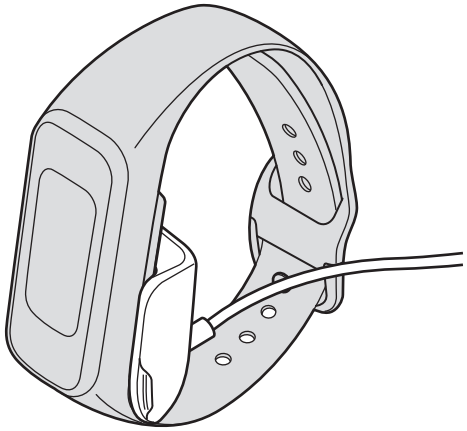
To save energy, unplug the charger when not in use. The charger does not have a power switch, so you must unplug the charger from the electric socket when not in use to avoid wasting power. The charger should remain close to the electric socket and be easily accessible while charging.

1 Connect the charging cable to the USB power adapter.

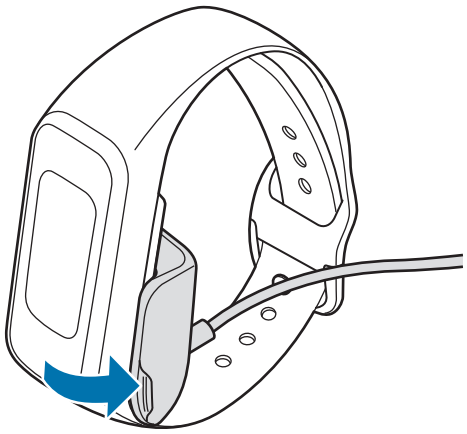
2 Align the centre of the charger with the Galaxy Fit℮ and align the clasp of the charger with the notch next to the charging contacts of the Galaxy Fit℮.



3 Press and hold the Galaxy Fit℮ and charger until it clicks.



4 After fully charging your Galaxy Fit®, pull on the handle of the charger to disconnect it. Unplug the charger from the electric socket.



Reducing the battery consumption

Your Galaxy Fit® provides various options that help you conserve battery power.

- Customise the notification settings in **Galaxy Wearable** app on the mobile device.
- Deactivate the vibration feature in **Galaxy Wearable** app on the mobile device.

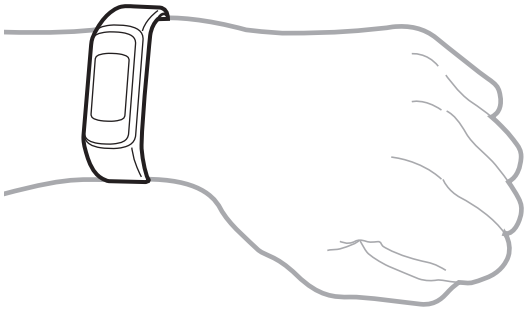
Battery charging tips and precautions

- After purchasing the Galaxy Fit®, connect the charger to turn on the power. You must first charge the battery sufficiently.
- If there are obstructions between the Galaxy Fit® and the charger, the Galaxy Fit® may not charge properly. Prevent the Galaxy Fit® and the charger from coming into contact with sweat, liquids, or dust.
- If the battery is completely discharged, the Galaxy Fit® cannot be turned on immediately when the charger is connected. Allow a depleted battery to charge for a few minutes before turning on the Galaxy Fit®.
- Using a power source other than the charger, such as a computer, may result in a slower charging speed due to a lower electric current.
- If the Galaxy Fit® is being charged with other devices via a multi charger, charging may take longer.
- The Galaxy Fit® can be used while it is charging, but it may take longer to fully charge the battery.
- If the Galaxy Fit® receives an unstable power supply while charging, the screen may not function. If this happens, disconnect the Galaxy Fit® from the charger.
- While charging, the Galaxy Fit® may heat up. This is normal and should not affect the Galaxy Fit®'s lifespan or performance. If the battery gets hotter than usual, the charger may stop charging for your safety. If this happens, continue charging the Galaxy Fit® after allowing it to cool down by removing it from the charger.
- If the Galaxy Fit® is not charging properly, take the Galaxy Fit® to a Samsung Service Centre.
- Avoid using a bent or damaged charging cable.

Wearing the Galaxy Fit®

Putting on the Galaxy Fit®

Open the buckle and place the band around your wrist. Insert the pin into the hole. Make sure to fasten the Galaxy Fit® in the hole one further out than you normally would not to feel any discomfort as the band can be inadvertently tightened if the end of the band is pulled inward.



Do not bend the band excessively. Doing so may damage the Galaxy Fit®.

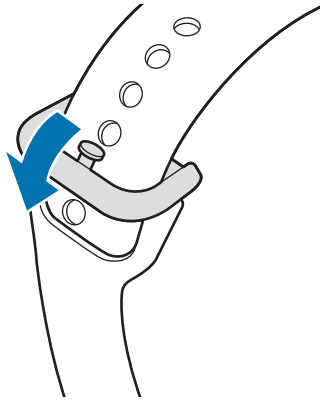
To measure your heart rate more accurately with the Galaxy Fit®, wear the Galaxy Fit® firmly around your lower arm just above the wrist. Refer to Wearing the Galaxy Fit® correctly for more information.

Band tips and precautions

- Be cautious when wearing the Galaxy Fit®. If you have sensitive skin or fasten the Galaxy Fit® too tightly, you may feel some discomfort.
- Some people may experience discomfort when wearing the Galaxy Fit® for prolonged periods.
- Skin irritation may occur due to an allergy, environment factors, other factors, or when your skin is exposed to soap or sweat for long periods.
- Do not wear the Galaxy Fit® too tightly. Make sure to keep the device clean and dry. Though this device has met international safety standards, some people may experience skin irritation if they are allergic to certain substances.

Taking off the Galaxy Fit⊕

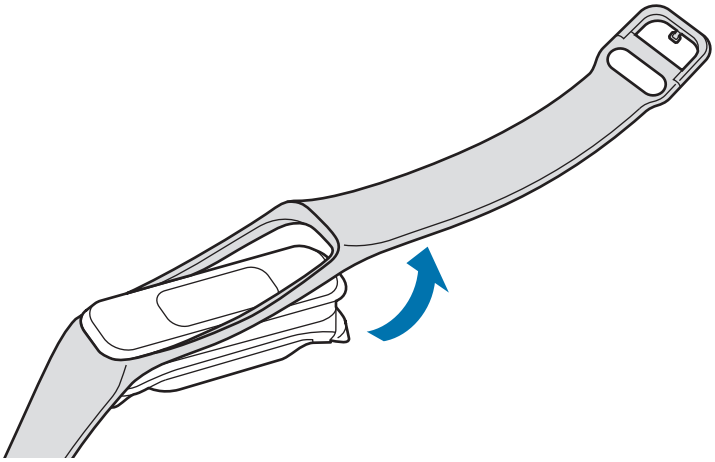
When taking off the Galaxy Fit⊕, pull down on the buckle and pull it out as shown in the figure below.



Replacing the band

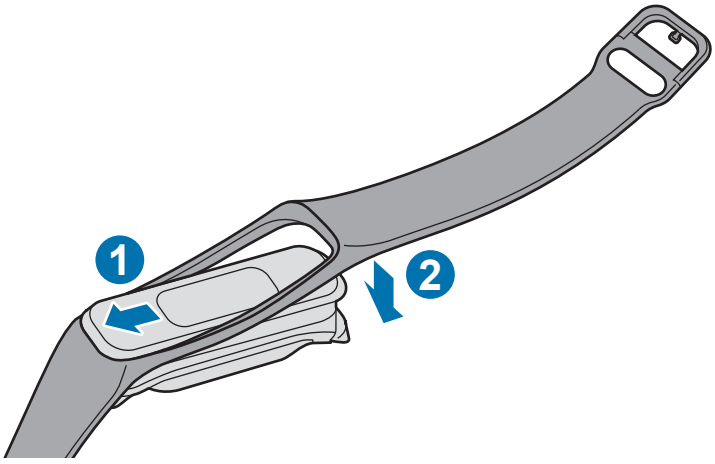
Detach the band from the Galaxy Fit⊕ to replace it with a new one.

1 While holding the Galaxy Fit⊕, gently pull on one of the band connections to lift it up.



- Be sure to pull out the band close to the screen. Pulling the end of the band may damage the band.
- Keep the Galaxy Fit⊕ stable and remove the band. Otherwise, the Galaxy Fit⊕ may be damaged during band replacement.

2 Insert one side of the band into one side of the Galaxy Fit℮ and gently pull out the opposite side of the band connection and then fit it to the other side of the Galaxy Fit℮.



Turning the Galaxy Fit℮ on

Connect the Galaxy Fit℮ to the charger to turn on the power.

When you turn on the Galaxy Fit℮ for the first time or reset it, on-screen instructions will appear to install the Galaxy Wearable app on your mobile device. Refer to Connecting the Galaxy Fit℮ to a mobile device for more information.

The Galaxy Fit℮ has no separate power key and is powered on when the battery is charged.

Follow all posted warnings and directions from authorised personnel in areas where the use of wireless devices is restricted, such as aeroplanes and hospitals.

Restarting the Galaxy Fit℮

If your Galaxy Fit℮ is frozen and unresponsive, connect the charger for more than 3 seconds to restart it. Alternatively, if the Galaxy Fit℮ and the mobile device are connected, launch the **Galaxy Wearable** app on your mobile device, and tap **Home** → **About band** → **Restart band** to restart it.

Connecting the Galaxy Fit® to a mobile device

Installing the Galaxy Wearable app

To connect your Galaxy Fit® to a mobile device, install the Galaxy Wearable app on the mobile device.

Depending on your mobile device, you can download the Galaxy Wearable app from the following places:

- Samsung Android devices: **Galaxy Store**, **Play Store**
- Other Android devices: **Play Store**

You cannot install the Galaxy Wearable app on the mobile devices that do not support Galaxy Fit® syncing. Ensure that your mobile device is compatible with a Galaxy Fit®.

Connecting the Galaxy Fit® to a mobile device via Bluetooth

Galaxy Fit®

1 Connect the Galaxy Fit® to the charger.

Mobile device

2 Make sure the Bluetooth feature is activated.

3 Launch the **Galaxy Wearable** app.

If necessary, update the Galaxy Wearable app to the latest version.

4 Tap **Start the journey**.

5 Select your device on the screen.

If you cannot find your device, tap **Mine's not here**.

6 Follow the on-screen instructions to complete the connection.

When completing the connection, a watch face will appear on the Galaxy Fit©'s screen.

- Connection methods and screen may vary depending on your mobile device and software version.
- Supported mobile devices and features may vary depending on your region, service provider, and device manufacturer. Visit www.samsung.com to see compatible devices.
- To use all features of the Galaxy Fit©, update the Samsung Health app to the latest version.

Connecting the Galaxy Fit© to a new mobile device

Connect your Galaxy Fit© to other mobile devices. You can connect with other mobile devices that are not connected to your Galaxy Fit©. When you connect the Galaxy Fit© to a new mobile device, the Galaxy Fit© will be reset.

1 Launch the **Galaxy Wearable** app on your mobile device.

2 Tap ☰ → **Disconnect**.

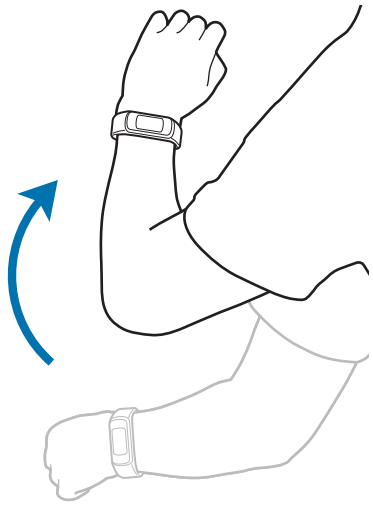
3 On your new mobile device, launch the **Galaxy Wearable** app to connect to your Galaxy Fit©.

If the mobile device you want to connect to is already connected to another Galaxy Fit© your Galaxy Fit© cannot establish a connection. Disconnect your mobile device from the previous Galaxy Fit© to connect to your current Galaxy Fit©.

Controlling the screen

Turning the screen on

Turn on the screen when you raise the Galaxy Fit© on your wrist.



The screen will automatically turn off if the Galaxy Fit© is not used for a specified period.

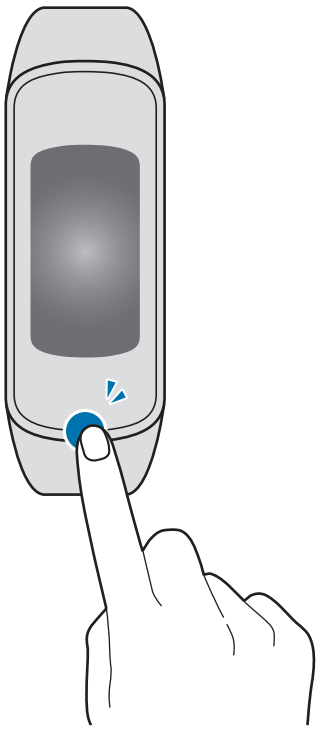
You can also set the Galaxy Fit© to turn the screen on by tapping it twice. Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Advanced** → **Screen wake-up** → **Double tap**.

Screen

- Do not allow the screen to come into contact with other electronic devices. Electrostatic discharges can cause the screen to malfunction.
- To avoid damaging the screen, do not tap it with anything sharp.
- It is recommended not to use fixed graphics on part or all of the screen for extended periods. Doing so may result in afterimages (screen burn-in) or ghosting.

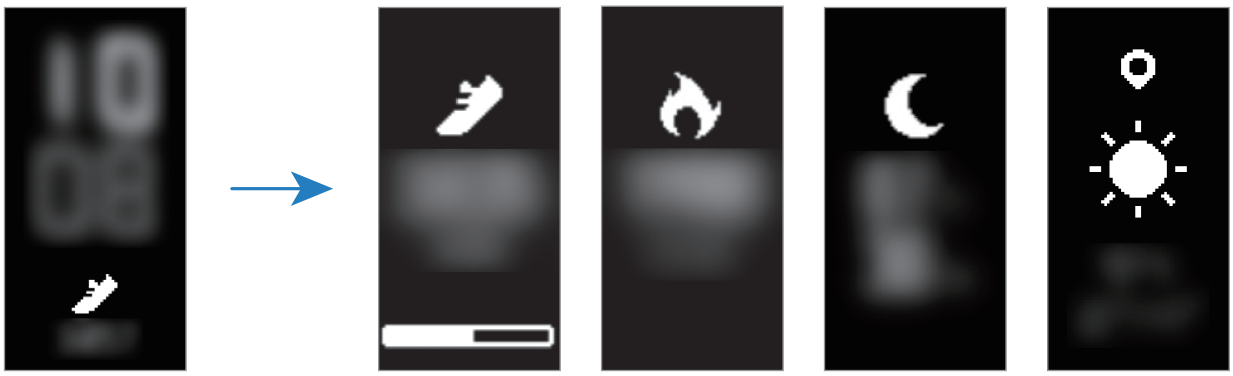
- The screen works well when you tap the screen. Because the screen is not a touchscreen, your swipes do not work.
- It is recommended to use fingers when you use the screen.

You can move to another page by tapping the screen with your finger. The Galaxy Fit© recognises well when you tap the same position shown in the figure below.



Screen composition

The Watch screen is the starting point for accessing all of the Galaxy Fit®'s many screens. You can view other screens by tapping the screen with your finger.



Watch Steps Calories Sleep Weather

Available widgets, notifications, and their arrangement may vary depending on the software version.

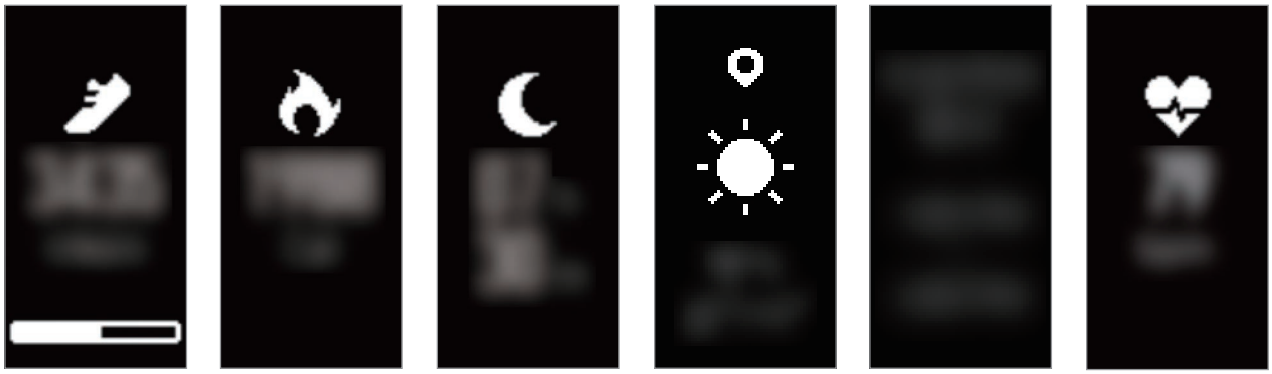
Watch screen

You can check the current time. You can also check your health information, such as your step count or heart rate.

To change the watch face, launch the **Galaxy Wearable** app on your mobile device, tap **Watch faces**, and select the watch face you want.

Widget screens

You can instantly check your health and activity information and view app information, such as weather and schedules, for some connected mobile devices.



Steps Calories Sleep Weather Calendar Heart rate

Notifications

Checking notifications

When an alarm sounds, or when there is a call, message, or notification from your mobile device, the Galaxy Fit© will vibrate. On the Galaxy Fit© screen, you can view the notification type, view the notifications on your connected mobile device, or answer the phone.

Blocking notifications

1 Launch the **Galaxy Wearable** app on your mobile device.

2 Tap **Home** → **Notifications**.

3 Tap the switch to deactivate it.

To block notifications by app, tap **Manage notifications** and tap the switch next to an app.

Widgets and features

Samsung Health Widget

Introduction

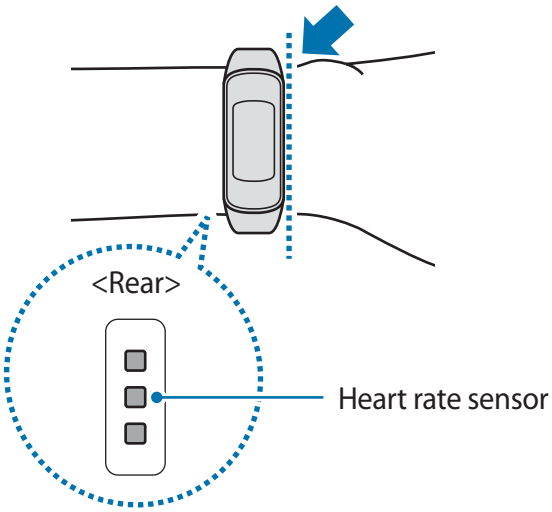
When connecting your Galaxy Fit© to your mobile devices, you can save and manage the health-related data on the Samsung Health app. Samsung Health records and manages your 24-hour activity and sleep pattern to cultivate a healthy habit.

You can view health-related data in real-time on the Galaxy Fit©'s widget screen and view additional information in the Samsung Health app on your mobile device.

- Samsung Health features are intended only for leisure, well-being, and fitness purposes. They are not intended for medical use. Before using these features, read the instructions carefully.
- Any information that is obtained from use of the Galaxy Fit© or the Fit Software or any application preloaded within may not be suitable, accurate, complete or reliable.

Wearing the Galaxy Fit® correctly

- When you launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Widgets** to add the heart rate widget or tap **Watch faces** and select a watch face that includes heart rate information, the Galaxy Fit® will automatically track your heart rate. When measuring your heart rate, wear the Galaxy Fit® snugly on your arm above your wrist as shown in the figure below.
- If you fasten the Galaxy Fit® too tightly, the skin irritation may occur and if you fasten it too loosely, friction may occur.



- The accuracy of the heart rate sensor may be diminished depending on measurement conditions and surroundings.
- Use the HR feature only for measuring your heart rate.
- Do not look directly at the heart rate sensor's lights. Doing so may impair your vision. Make sure children do not look directly at the lights.
- Cold ambient temperatures may affect your measurement; during winter or cold weather, keep yourself warm when checking your heart rate.
- Take heart rate measurements when you are seated and relaxed. Do not move your body while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- If you receive a reading that is very different from your expected heart rate, rest and then measure again.
- Smoking or consuming alcohol before taking measurements may cause your heart rate to be different from your normal heart rate.
- Do not talk, yawn, or breathe deeply while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- Because the heart rate sensor uses light to approximate heart rate, its accuracy may vary due to physical factors that affect light absorption and reflection, such as blood circulation/blood pressure, skin condition and location and concentration of blood vessels. In addition, if your heart rate is extremely high or low, measurements may be inaccurate.
- Users with thin wrists may receive inaccurate heart rate measurements when the device is loose, causing the light to be reflected unevenly. If heart rate measurement is not working properly, adjust the position of the device's heart rate sensor to the right, left, up, or down on your wrist, or turn the device so the heart rate sensor sits firmly against the inside of your wrist.
- If the heart rate sensor is dirty, wipe the sensor and try again. Obstructions between the device's band and your wrist, such as body hair, dirt, or other objects may prevent the light from reflecting evenly. Please make sure you remove such obstructions before use.
- If your device becomes hot to the touch, please remove it until it cools. Exposing skin to a hot surface of the device for a long time may cause skin burn.

Automatic exercise recognition

Once you have engaged in an activity for more than ten minutes while wearing the Galaxy Fit℮, it automatically recognises that you are exercising and records exercise information such as the exercise type, duration and calories burned.

When you stop exercising for more than one minute, the Galaxy Fit℮ automatically recognises that you have stopped exercising and this feature is deactivated. View your exercise information in the Samsung Health app on your mobile device connected to Galaxy Fit℮.

- You can check the list of exercises which are supported by the automatic exercise recognition feature. Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Health settings** → **Workout detection**.
- The automatic exercise recognition feature measures the distance travelled and calories burnt using the acceleration sensor. The measurements may not be accurate depending on your manner of walking, exercise routines, and lifestyle.

Additional information

- The purpose for such data collection is limited to providing the service that you have requested, including providing additional information to enhance your wellness, back up/sync data, data analysis and statistics or to develop and provide better services. (But if you sign in to your Samsung account from Samsung Health, your data may be saved on the server for data backup purposes.) Personal information may be stored until the completion of such purposes. To delete any data you have shared with social networks or transferred to storage devices, you must delete them separately.
- You assume full responsibility for the inappropriate use of data shared on social networks or transmitted to others. Use caution when sharing your personal data with others.
- If the Galaxy Fit℮ is connected to a mobile device, verify the communication protocol to confirm proper operation. If you use a wireless connection, such as Bluetooth, the Galaxy Fit℮ may be affected by electronic interference from other devices. Avoid using the Galaxy Fit℮ near other devices that transmit radio waves.
- The content used in the Samsung Health app may vary depending on the software version of the app. The services provided with the app are subject to change or the cancellation of support without prior notice.

- Available Samsung Health functions and services may vary depending on the local laws and regulations in your region.
- Some functions of Samsung Health may not be provided depending on your region.
- Samsung Health functions are intended for fitness and informational purposes only and is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.

Steps

The Galaxy Fit® counts the number of steps you have taken and measures the distance travelled.

Tap the screen to switch to the steps widget screen.

View the distance you have walked on the Samsung Health app on your mobile device connected to Galaxy Fit®.

- When you start to measure your step, the step tracker monitors your steps and displays your step account after a brief delay because your Galaxy Fit® accurately recognises your movement after you walk for a while. Also, for an accurate step count, you may experience a brief delay before the pop-up window indicates that a certain goal has been reached.
- If you use the steps tracker while travelling by car or train, vibration may affect your step count.

Setting the step target

Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Health settings** → **Step target** to set a daily step target.

Sleep

Evaluate your sleep pattern and record it by analysing your movement while you are sleeping.

To measure your heart rate more accurately with the Galaxy Fit℮, wear the Galaxy Fit℮ firmly around your lower arm just above the wrist. Refer to Wearing the Galaxy Fit℮ correctly for more information.

Measuring your sleep pattern

1 Sleep while wearing the Galaxy Fit℮.

The Galaxy Fit℮ will start to measure your sleep time.

2 Tap the screen to switch to the sleep screen after you wake up.

3 View your sleep time on the sleep widget screen.

You can view your sleep patterns and information in the Samsung Health app on your mobile device connected to the Galaxy Fit℮.

Heart rate

Measure and record your heart rate.

- The Galaxy Fit©'s heart rate tracker is intended for fitness and informational purposes only and is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.
- To measure your heart rate more accurately with the Galaxy Fit©, wear the Galaxy Fit© firmly around your lower arm just above the wrist. Refer to Wearing the Galaxy Fit© correctly for more information.
- The Galaxy Fit© can be used as a heart rate measurement accessory. Connect the Galaxy Fit© and your mobile device, tap exercise tracker in the Samsung Health app on your mobile device to start exercising. You can see your heart rate measurements via the exercise screen, the exercise tracker results, and the heart rate tracker.

Be aware of following conditions before measuring your heart rate:

- If the measurement is very different from the expected heart rate, rest and then measure it again.
- During winter or in cold weather, keep yourself warm when measuring your heart rate.
- Smoking or consuming alcohol before taking measurements may cause your heart rate to be different from your normal heart rate.
- Do not talk, yawn, or breathe deeply while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- Heart rate measurements may vary depending on the measurement method and the environment they are taken in.
- If the heart rate sensor is not working, check the Galaxy Fit© on your wrist and make sure nothing is obstructing the sensor. If the heart rate sensor continues to have the same problem, visit a Samsung Service Centre.

Tracking your heart rate

The Galaxy Fit℮ automatically measures and records your heart rate at regular intervals throughout the day.

Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Widgets** to add the heart rate widget or tap **Watch faces** and select a watch face that includes heart rate information to automatically measure your heart rate.

1 Tap the screen to switch to the heart rate widget screen.

2 View your heart rate on the heart rate widget screen.

Calories

You can check your calories burned by day.

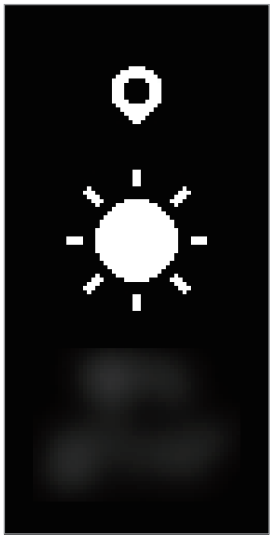
Tap the screen to switch to the calories widget screen.

The calories you burn include your basal metabolism calculated based on the profile you registered. When you launch this feature for the first time, the basal metabolism you expended until the time you launched this feature will be displayed as the calories you burned.

Weather

View weather information on the Galaxy Fit℮ for locations set on the connected mobile device.

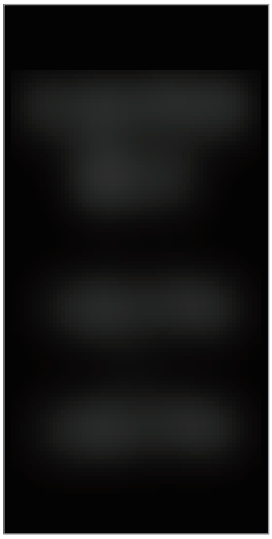
Tap the screen to switch to the weather widget screen.



Calendar

You can check the schedules of events that you saved on your mobile device on your Galaxy Fit℮.

Tap the screen to switch to the calendar widget screen.



All events scheduled on your mobile device will be synced with the connected Galaxy Fit℮ automatically to check them, and receive alarms from the Galaxy Fit℮.

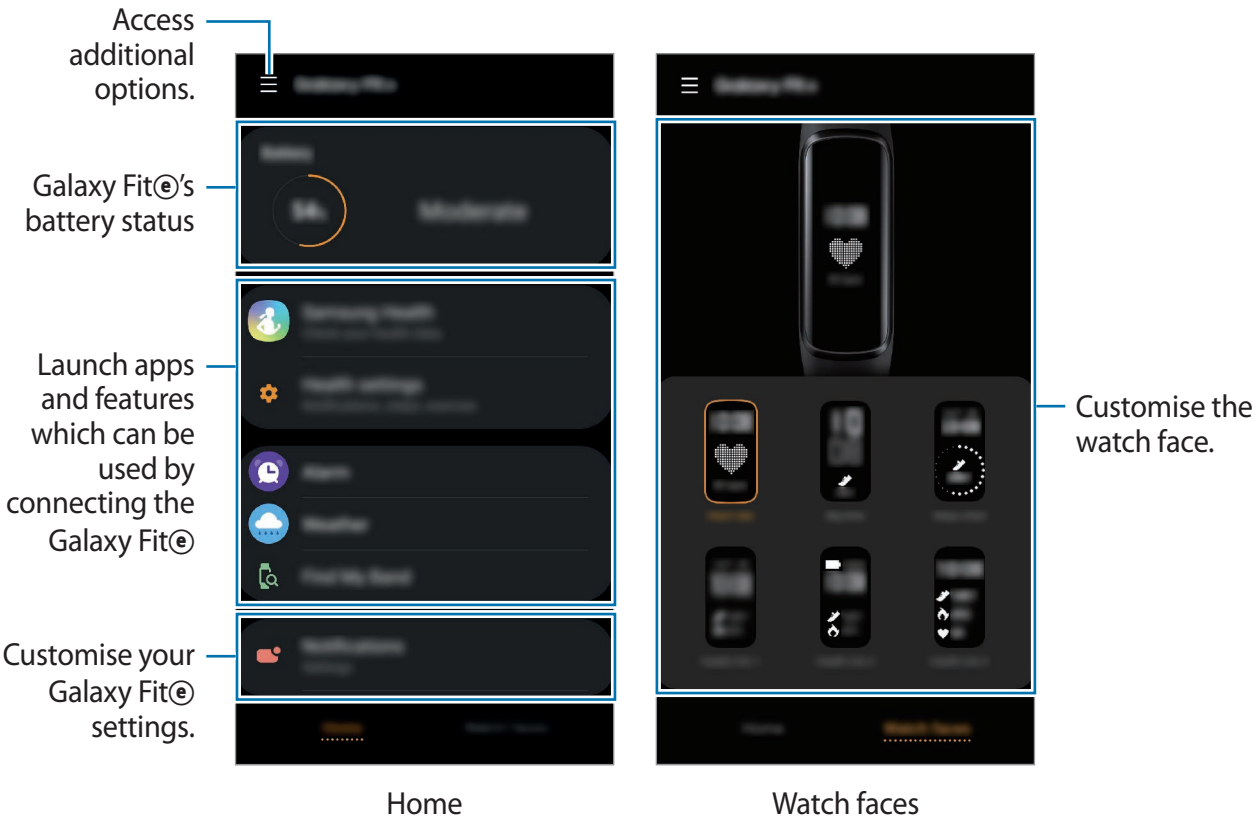
Galaxy Wearable app

Introduction

To connect your Galaxy Fit⓮ to a mobile device, you must install the Galaxy Wearable app on your mobile device. In the Galaxy Wearable app, you can view the Galaxy Fit⓮'s information and customise its various settings, such as your notification settings.

Launch the **Galaxy Wearable** app on your mobile device.

Some features may not be available depending on the type of connected mobile device.


Access additional options.
Galaxy Fit⓮'s battery status
Launch apps and features which can be used by connecting the Galaxy Fit⓮
Customise your Galaxy Fit⓮ settings.
Customise the watch face.
Home
Watch faces

Tap ☰ to use the following options:

- **Connect new device**: Disconnect your device from the currently connected mobile device and connect a new device. Select your device on the screen or tap **Mine's not here** if you cannot find your device, and then follow the on-screen instructions to connect to the new device.
- **Disconnect**: Disconnect your Galaxy Fit© from the currently connected mobile device.
- **App notifications**: Change the various Galaxy Wearable app notification settings on the mobile device.
- **User manual**: View the user manual to learn how to use your Galaxy Fit©.
- **Contact us**: **Samsung Members** offers support services to customers, such as device problem diagnosis, and lets users submit questions and error reports. You can also share information with others in the Galaxy users' community or view the latest Galaxy news and tips. **Samsung Members** can help you solve any problems you might encounter while using your device.

  This option may not be available depending on the region, service provider or model that does not support the **Samsung Members** app.

Home

Introduction

View your Galaxy Fit©'s status and customise your Galaxy Fit© settings. You can also launch usable apps by connecting the Galaxy Fit©.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home**.

Battery

View the remaining battery power of your Galaxy Fit©.

Samsung Health

View the Galaxy Fit©'s data saved in the Samsung Health app.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Samsung Health**.

Health settings

View and change the health settings of the Galaxy Fit℮.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Health settings**.

- **Notifications**: Turn the detecting workout time, inactive time, and step target achievement notifications on or off.
- **Step target**: View or change the step target you saved to the Samsung Health app.
- **Workout detection**: Set your Galaxy Fit℮ to recognise your workout automatically.

Alarm

Set alarms and manage them.

Setting alarms

1 Launch the **Galaxy Wearable** app on your mobile device.

2 Tap **Home** → **Alarm** → **Add alarm**.

If you have a saved alarm, tap + on the top of the alarms list.

3 Set the alarm time, and select the days for the alarm to repeat and tap **SAVE**.

The saved alarm is added to the alarm list, and the Galaxy Fit℮ vibrates at the set time.

To activate or deactivate alarms, tap the switch next to the alarm in the alarms list.

Stopping alarms

When the alarm sounds, tap the Galaxy Fit℮'s screen twice.

Deleting alarms

In the alarms list, tap and hold and alarm, and then tap **Delete**. Alternatively, tap 🗑 at the top of the screen, select the alarm you want to delete, and then tap **Delete**.

Weather

View weather information on the Galaxy Fit© Weather Widget screen or change settings related to the weather information.

Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Weather** → **Settings** to change settings, such as the temperature unit, the weather update interval, or using the current location.

Find My Band

If you misplace your Galaxy Fit©, use the Galaxy Wearable app on your mobile device to find it.

This feature is not available when you use the Galaxy Fit© without connecting to a mobile device.

1 Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Find My Band**.

2 Tap .

The Galaxy Fit© will vibrate and the screen will turn on. To stop vibrating, tap the Galaxy Fit©'s screen twice or tap on the mobile device.

Notifications

Change settings for the notification feature. Stay up to date with a variety of events, such as new messages received on the mobile device.

Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Notifications**, tap the switch to activate it, and then activate items.

- **Manage notifications**: Select apps on the mobile device to send notifications to the Galaxy Fit©.
- **Show while using phone**: Set the Galaxy Fit© to show notifications while using your mobile device.
- **Turn on screen**: Set the Galaxy Fit© to turn on the screen when the notification is received.

Widgets

Customise the widgets on the Galaxy Fit®. You can also rearrange widgets.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Widgets**.

Adding or removing widgets

Tap ⊖ on the widget to remove it or tap ⊕ on the widget to add it and tap **SAVE**.

The widget will be added or removed from the Galaxy Fit®.

Reordering widgets

Tap ⇕ next to a widget, drag it to another position, and then tap **SAVE**.

The widget's order will be changed on the Galaxy Fit®.

Vibration

Turns vibration on or off on the Galaxy Fit®. Even when vibration is turned off, some notifications can cause vibrations.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Vibration**.

Advanced

Activate the Galaxy Fit®'s advanced features and change the control settings.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Advanced**.

- **Screen wake-up**: Set the method for turning on the Galaxy Fit®'s screen.
- **Do not disturb**: Set the Galaxy Fit® to mute all notifications except for alarms and the screen will not turn on when notifications are received.

Account and backup

Register your Samsung account and sign in to sync, back up, or restore your Galaxy Fit℮'s data using Samsung Cloud. Also, you can check the Samsung account registered on your connected mobile device.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Account and backup**.

- **Samsung account**: Add your Samsung account to use with your Galaxy Fit℮.
- **Back up and restore**: Keep your personal information, app data, and settings safe on your Galaxy Fit℮. You can back up your sensitive information and access it later. You must sign in to your Samsung account to back up or restore data. Refer to Managing the data in the Galaxy Fit℮ for more information.

Regularly back up your data to a safe location, such as Samsung Cloud or a computer, so that you can restore it if the data is corrupted or lost due to an unintended factory data reset.

Managing the data in the Galaxy Fit℮

Keep your personal information, widget data, and settings safe on your Galaxy Fit℮. You can back up your sensitive information and access it later, as well as back up your Galaxy Fit℮'s data automatically.

Galaxy Fit℮ data will be automatically saved on the connected mobile device's Samsung Health app. Only records from the past 7 days are saved on the Galaxy Fit℮.

Restoring data

To restore data saved in your Galaxy Fit℮, launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Account and backup** → **Back up and restore** → **Restore data**, select the item to restore, and then tap **Restore**. The latest backup data will be restored.

Backing up data

To back up data saved in your Galaxy Fit℮, launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Account and backup** → **Back up and restore** → **Back up data**, select the item to back up, and then tap **Back up now**. The data will be saved in Samsung Cloud.

Backing up data automatically

To automatically back up data saved in your Galaxy Fit℮ with Samsung Cloud and access it from other devices whenever you want, launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Account and backup** → **Back up and restore** → **Back up data**, and then tap the **Auto back up** switch to activate it.

About band

View your Galaxy Fit℮'s status and other information. You can also update the Galaxy Fit℮'s software.

Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **About band**.

- **Update band software**: Update the Galaxy Fit℮ to the latest software.
- **Legal information**: View the legal information for the Galaxy Fit℮.
- **Report diagnostic info**: Set the Galaxy Fit℮ to automatically send the device's diagnostic and usage information to Samsung.
- **Device name**: Change the Galaxy Fit℮'s name.
- **Device information**: Check the Galaxy Fit℮'s information, such as the Bluetooth address and serial number.
- **Reset band**: Delete all data on your Galaxy Fit℮.
- **Restart band**: Restart the Galaxy Fit℮.
- **Help**: Check how to use the Galaxy Fit℮ and set the supported features for the Galaxy Fit℮.

Updating software via the Galaxy Wearable app

The Galaxy Fit© can be directly updated to the latest software by the firmware over-the-air (FOTA) service.

1 Launch the **Galaxy Wearable** app on your mobile device.

2 Tap **Home** → **About band** → **Update band software** → **Download and install**.

3 Tap **DOWNLOAD** and install the latest software version on your mobile device.

4 Read the on-screen information and tap **INSTALL NOW**.

The Galaxy Fit© will copy the updated software from your mobile device and restart.

To automatically check for available updates and download them, tap the **Auto download over Wi-Fi** switch to activate it. Updates will be downloaded only when the device is connected to a Wi-Fi network.

About Galaxy Wearable

View version information of the Galaxy Wearable app.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **About Galaxy Wearable**.

Watch faces

You can change the type of watch to be displayed on the Watch screen.

Launch the **Galaxy Wearable** app on your mobile device, tap **Watch faces**, and then select a desired watch type. The watch face you selected will be applied on the Watch screen.

Appendix

Troubleshooting

Before contacting a Samsung Service Centre, please attempt the following solutions. Some situations may not apply to your Galaxy Fit℮.

The Galaxy Fit℮ screen does not turn on

When the battery is completely discharged, your Galaxy Fit℮ will not turn on. Fully charge the battery before turning on the Galaxy Fit℮.

The screen responds slowly or improperly

- The screen operates by an acceleration sensor. To increase the recognition rate of the accelerometer, wear the Galaxy Fit℮ loosely so that it is not too tight on your wrist and then firmly tap the screen.
- Restart your Galaxy Fit℮ to clear any temporary software bugs.
- Ensure that your Galaxy Fit℮ software is updated to the latest version.
- If the screen is scratched or damaged, visit a Samsung Service Centre.

The screen does not turn on even if I tap it

- Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Advanced** → **Screen wake-up** → **Double tap**.
- The screen turns on when you tap the screen twice.

Your Galaxy Fit℮ freezes or has errors

Try the following solutions. If the problem is still not resolved, contact a Samsung Service Centre.

Forcing restart

If your device is frozen and unresponsive, connect the charger for more than 3 seconds to restart it.

Resetting the Galaxy Fit℮

If the method above do not solve your problem, perform a factory data reset. Launch **Galaxy Wearable** app on the mobile device and tap **Home** → **About band** → **Reset band**. Before performing the factory data reset, remember to make backup copies of all important data stored in the Galaxy Fit℮. Back up data from Galaxy Fit℮ through the Galaxy Wearable app or Samsung cloud.

Another Bluetooth device cannot locate your Galaxy Fit℮

- Reset your Galaxy Fit℮ and try again.
- Ensure that your Galaxy Fit℮ and the other Bluetooth device are within the Bluetooth connection range (10 m). The distance may vary depending on the environment the devices are used in.

If the tips above do not solve the problem, contact a Samsung Service Centre.

A Bluetooth connection is not established or your Galaxy Fit℮ and the mobile device are disconnected

- Ensure that the Bluetooth feature on both devices is activated.
- Ensure there are no obstacles, such as walls or electrical equipment, between the devices.
- Ensure that the latest version of the Galaxy Wearable app is installed on the mobile device.
- Ensure that your Galaxy Fit℮ and the other Bluetooth device are within the Bluetooth connection range (10 m). The distance may vary depending on the environment the devices are used in.
- Restart both devices and launch the Galaxy Wearable app on the mobile device again.

The Galaxy Fit© does not track your heart rate

- Wear the Galaxy Fit© firmly around your lower arm just above the wrist.
- Ensure that the heart rate widget has been added. The Galaxy Fit© will automatically track your heart rate when the widget has been added.
- Select a watch face that includes heart rate information.

The battery does not charge properly (For Samsung-approved chargers)

- Ensure that you connect the Galaxy Fit© to the charger and connect the dock to the charger properly.
- Visit a Samsung Service Centre and have the battery replaced.

The battery depletes faster than when first purchased

- When you expose the Galaxy Fit© or the battery to very cold or very hot temperatures, the useful charge may be reduced.
- When you use the heart rate tracking feature and the screen tapping feature to turn on the screen, battery consumption will increase which can shorten the usage time.
- The battery is consumable and the useful charge will get shorter over time.

Your Galaxy Fit© is hot to the touch

If the Galaxy Fit© overheats or feels hot for a prolonged period, do not use it for a while. If the Galaxy Fit© continues to overheat, contact a Samsung Service Centre.

Data stored in the Galaxy Fit® has been lost

Always make backup copies of all important data stored in the Galaxy Fit®.

Otherwise, you cannot restore data if it is corrupted or lost. Back up data from Galaxy Fit® through the Galaxy Wearable app or Samsung cloud. Samsung is not responsible for the loss of data stored in the Galaxy Fit®.

A small gap appears around the outside of the Galaxy Fit® case

- This gap is a necessary manufacturing feature and some minor rocking or vibration of parts may occur.
- Over time, friction between parts may cause this gap to expand slightly.

Removing the battery

- **To remove the battery, contact an authorised service centre. To obtain battery removal instructions, please visit www.samsung.com/global/ecodesign_energy.**
- For your safety, you **must not attempt to remove** the battery. If the battery is not properly removed, it may lead to damage to the battery and device, cause personal injury, and/or result in the device being unsafe.
- Samsung does not accept liability for any damage or loss (whether in contract or tort, including negligence) which may arise from failure to precisely follow these warnings and instructions, other than death or personal injury caused by Samsung's negligence.

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